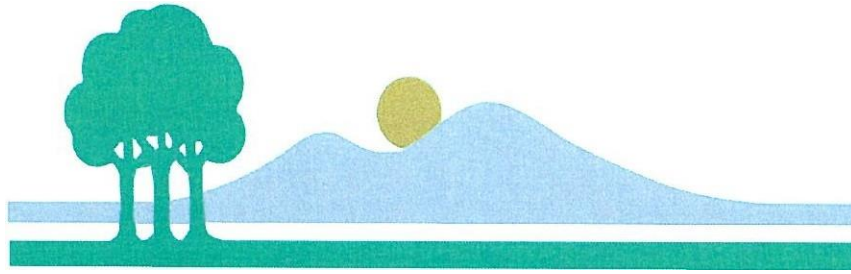


City of Mountain View



AGE FRIENDLY MOUNTAIN VIEW

SENIOR RESOURCE GUIDE



COMMUNICATION
OUTDOOR SPACES
CIVIC PARTICIPATION
SOCIAL PARTICIPATION
RESPECT AND INCLUSION

- All information is subject to change
- Please call to confirm pricing
- Available in large print

Revised August 2019

SENIORS CENTERS

Mountain View Senior Center

No annual membership fee.

The Mountain View Senior is an all-purpose facility that offers programs and services for adults 55 years of age and over. Come discover what the Senior Center has to offer.

Mountain View Senior Center

266 Escuela Avenue

Mountain View, CA 94040

www.mountainview.gov

Phone: (650) 903-6330

Avenidas

Annual membership: Single & Dual starting at \$50/\$80. Call for current prices.

450 Bryant Street

Palo Alto, CA 94301

www.avenidas.org

(650) 289-5400

Avenidas Village

Becoming a member of Avenidas Village means simplifying life's complexities with a one call resource for all of your needs and making your life more secure, convenient, fulfilling, and fun! Enjoy your independence, stay connected to your community, and live confidently in your own home—thanks to Avenidas Village!

\$970 for a Single Membership and \$1390 for a Dual Membership (2 people in a household) Call for current prices.

www.avenidas.org/village-overview

Los Altos Senior Center

Residents \$26 Nonresidents \$40 Call for current prices.

Established in 1976, the Los Altos Senior Program offers a wide variety of programs and volunteer opportunities for active adults 50 years and up. Activities offered have expanded to address the growing senior community and its interests. They range from classes, workshops, sports, trips, and special events to in-home repair and referral services.

97 Hillview Avenue

Los Altos, CA 94022

www.losaltosca.gov

(650) 947-2797

Sunnyvale Senior Center

Basic Membership costs \$28 for residents and \$43 for nonresidents

Premium membership costs \$32 for residents and \$50 for nonresidents

550 East Remington Dr.

Sunnyvale, CA 94087

www.sunnyvale.ca.gov

(408) 730-7350

Senior center without walls

(Classes & activities over the phone or computer)

An Episcopal Senior Communities Senior Resource Program
(877) 797-7299

Campbell Senior Center

www.ci.campbell.ca.us
(408) 866-2146

Cupertino Senior Center

www.cupertino.org
(408) 777-3150

East Palo Alto Senior Center

www.smc-connect.org
(650) 329-5900

Los Gatos Senior Center

www.lgsrecreation.org
(408) 354-1514

Menlo Park Senior Center

www.menlopark.org
(650) 330-6600

Milpitas-Barbara Lee Senior Center

www.ci.milpitas.ca.gov
(408) 586-3400

Oshman Family Jewish Community Center

Taube Koret Campus for Jewish Life
Palo Alto, CA 94303
www.paloaltojcc.org
(650) 223-8700

Santa Clara Senior Center

www.santaclaraca.gov
(408) 615-3170



LIFELONG LEARNING

Mountain View Los Altos Adult School Education

333 Moffett Blvd
Mountain View, CA 94043
www.mvlaae.net
(650) 903-1333

El Camino YMCA
2400 Grant Road
Mountain View, CA 94040
www.ymcasv.org
(659) 969-9622

Foothill College
Adaptive Learning: Community Based
12345 El Monte Rd.
Los Altos Hills, CA 94022
www.foothill.edu
(650) 949-7321

VETERANS SERVICES

U.S. of Veterans Affairs
www.va.gov

Palo Alto Division
3801 Miranda Avenue
Palo Alto, CA 94304
www.paloalto.va.gov/
(650) 493-5000
(800) 455-0057

**California Department of Veterans
Affairs**
Santa Clara County Veterans Service Office
68 N. Winchester Blvd.
Santa Clara, CA 95050
www.calvet.ca.gov
(408) 918-4980

Swords to Plow Shares
1060 Howard Street
San Francisco, CA 94103
www.swords-to-plowshares.org
(415) 252-4788

Santa Clara County Service Members

Veterans & Their Families

The Network of Care for Service Members, Veterans & Their Families is a one-stop-shop for virtually all services, information, support, advocacy, and much more. community, including veterans, family members, active-duty personnel, reservists, members of the National Guard, employers, service providers, and the community at large.

<http://santaclara.networkofcare.org>

**Santa Clara County Department of Aging and Adult Services
Adult Protective Services**

Call APS to report dependent adult or elder abuse:
408-975-4900 or 1-800-414-2002

To report dependent adult/elder abuse in a long term care facility such as a skilled nursing facility or residential care facility, call the Long Term Care Ombudsman:
408-944-0567

CITY OF MOUNTAIN VIEW - DEPARTMENTS

Fire Department

The Mountain View Fire Department exists to save lives and property, protect the environment and minimize the risk of fire and natural disasters by translating service requests into action and investing in education, training and prevention.

DIAL 9-1-1 for any emergencies

Administration
1000 Villa Street
Mountain View, California 94041
(650) 903-6365 Phone
(650) 962-0151 Fax

Police Department

The Mountain View Police Department keeps Mountain View safe and tackles crime through quality policing that secures the trust and support of the people it serves and protects.

DIAL 9-1-1 for any emergencies

1000 Villa Street, Mountain View, CA 94041
(650) 903-6344 Records
(650) 964-2202 Records Fax
(650) 903-6395 Non-Emergency
Business Hours: Monday through Friday 8:00 a.m. to 5:00 p.m.
Walk in Crime reporting 7 days a week from 7:00 a.m. to 7:00 p.m.



Mountain View Library

Our library is for everyone. We are a free resource helping our community connect, create, and learn.

585 Franklin Street
Mountain View, CA 94041
(650) 903-6887

Hours

Monday through Thursday 10:00 a.m. to 9:00 p.m.
Friday and Saturday 10:00 a.m. to 6:00 p.m.
Sunday 1:00 p.m. to 5:00 p.m.

Mountain View Community Services

201 South Rengstorff Ave.
Mountain View, CA 94041
www.mountainview.gov
(650) 903-6331

Mountain View Senior Center

The Mountain View Senior is an all-purpose facility that offers programs and services for adults 55 years of age and over.

266 Escuela Ave
Mountain View, CA 94040
www.mountainview.gov
(650) 903-6330

Hours

Monday through Thursday 8:30 a.m. to 9:00 p.m.
Friday 8:30 a.m. to 5:00 p.m.
Saturday & Sunday CLOSED

Mountain View Senior Center Community Garden

Escuela Avenue between Crisanto Avenue and Villa Street
ashleigh.bittle@mountainview.gov
(650) 903-6330

Mountain View Center for The Performing Arts

500 Castro Street
Mountain View, CA 94040

www.MVCPA.com

- Mountain View Parks and Facilities:

www.mountainview.gov/parks

- Shoreline & Stevens Creek, Hetch-Hetchy Permanente Creek Trails:

www.mountainview.gov/trails

- Shoreline at Mountain View

www.mountainview.gov/shoreline

Mountain View Community Development - Neighborhood and Housing Division

The Neighborhoods and Housing Division administers a variety of neighborhood and housing-related programs in Mountain View.

(650) 903-6379

Mountain View Mediation Program

The City of Mountain View continues to provide a voluntary Mediation Program, for any disputes in the community. Rather than putting a dispute in the hands of a judge who has limited knowledge of the people and the situation, mediation allows disputing parties to explore all of the possibilities, after hearing each other's views, and to choose a mutually acceptable outcome for themselves. For those who have agreed to participate in mediation, the program has helped them to reach a satisfactory resolution over 70% of the time.

Mediation involves a confidential meeting between parties who have a disagreement, facilitated by trained, neutral mediators who guide a discussion of issues toward a mutually acceptable agreement. The mediator does not give legal advice, voice opinions or decide who is wrong or right, but is rather a facilitator of dialogue.

<http://housing.org/community-mediation/our-programs/>

(650) 960-0495

COMMUNITY GROUPS-FAITH BASED**Hope's Corner Meals and Showers Program – Every Weekend**

Hope's Corner serves a free breakfast and bag lunch every Saturday. Hope's Corner also offers showers to unhoused people on Saturdays. Hope's Corner began as a joint ministry of Mountain View Trinity and Los Altos United Methodist Churches and became an independent 501 (c)(3) nonprofit with a nine-person board of directors in fall 2015. People are welcome to volunteer as individuals or in small groups. www.hopes-corner.org

748 Mercy Street

(650) 254-1450

Oshman Family Jewish Community Center

Taube Koret Campus for Jewish Life

3921 Fabian Way

Palo Alto, CA 94303

www.paloaltojcc.org

(650) 223-8700

Saint Joseph Catholic Church**Grief Support**

Grief ministry provides support and understanding to those in the final stages of terminal illness and to those in the process of healing after the death of a loved one. This Ministry also has a Memorial Mass in November for the deceased of the Parish followed by a reception in Doyle Hall. Members meet 3 to 4 times a year.

www.sjpmv.org

(650) 967-3831

Swords to Plow Shares

1060 Howard Street

San Francisco, CA 94103

www.swords-to-plowshares.org

(415) 252-4788

Senior center without walls

(Classes & activities over the phone or computer)

An Episcopal Senior Communities Senior Resource Program

(877) 797-7299

SENIOR DRIVER'S EDUCATION**Locally held classes****AARP**

Program: Driver Safety course

Resource type: Online & locally

www.aarp.org/auto/driver-safety/

(888) 687-2277

AAA

Program: Driver Improvement Courses & resources

Resource type: Online & locally

<https://seniordriving.aaa.com/>

(800) 723-1955

California Highway Patrol (CHP)

Age Well Drive Smart

Classes held locally

Free

www.chp.ca.gov

Internet Driven

Free online DMV practice tests in Partnership with Mountain View Public Library

Free online DMV practice test in English, Spanish & Russian.

Resource type: Online

Free

<https://mountainview.driving-tests.org/california/>

(650) 903-6335

Free online DMV practice tests in Partnership with Mountain View Public Library

Free online DMV practice test in English, Spanish & Russian.

Resource type: Online

Free

<https://mountainview.driving-tests.org/california/>

(650) 903-6335

Free Information and guides

United States Department of Transportation

Information and tips for older drivers

Online Only

<https://www.nhtsa.gov/road-safety/older-drivers>

Internet Driven

California DMV

Senior Guide for Safe Driving

Online

https://www.dmv.ca.gov/portal/dmv/detail/about/senior/senior_top

Internet Driven

Clearinghouse for Older Road User Safety (Chorus)

Resources for Senior Drivers

Online

www.roadsafeseniors.org/

Internet Driven

ONLINE RESOURCES

Senior center without walls

(Classes & activities over the phone or computer)

An Episcopal Senior Communities Senior Resource Program

<https://covia.org/wp-content/uploads/2018/03/Spring-2018-Catalog.pdf>

(877) 797-7299

Silicon Valley Independent Living Center (SVILC)

Assistive technology help

<http://www.svilc.org/>

(408) 894.9041

California Foundation for Independent Learning Centers

<http://cfilc.org/about/programs-coalitions.php>

(916) 325-1690 Voice (916) 325-1695 TTY

Assisted Living

Rules, definition, directory of facilities, information about costs

<https://www.assistedlivingfacilities.org/>

Adult Day

Rules, definition, directory of facilities, information about costs

<http://www.adultdaycare.org/>

Assistance with IN-HOME SUPPORTIVE SERVICES

<http://www.cdss.ca.gov/In-Home-Supportive-Services>

Caring.com

A senior care resource for family caregivers seeking information and support as they care for aging parents, spouses and other loved ones.

<https://www.caring.com/>

Health**Stanford Health Library**

<http://healthlibrary.stanford.edu/>

[\(650\)725-8400](tel:6507258400)

El Camino Health Library & Resource Center

www.elcaminohospital.org/services/health-library-resource-center/health-library-services

[650-940-7379](tel:6509407379)

END-OF-LIFE**End-of-life directives: Letter template:**

<https://med.stanford.edu/content/dam/sm/letter/documents/Letter-English.pdf>

Physician Orders for Life-Sustaining Treatment

Information about the Physician Orders for Life-Sustaining Treatment (POLST), including forms in 13 languages:

<http://capolst.org/>

MOVING

Senior move management:

<http://www.nasmm.org/find/list.cfm?zip=94040&radius=50&certified=1&submit=Search>

